

Title:

Colon Cleansing And You

Word Count:

655

Summary:

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As you consume food and liquids, these items accumulate in the bowel as waste products. It is

Good colon health implies the proper and adequate functioning of the colon and toxic-free state

Keywords:

Article Body:

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What is colon cleansing?

Colon cleansing is an ancient practice for rejuvenating the stomach system. Man has been practicing

Why do I require colon cleansing?

Colon cleansing is sometimes required because over a period of time, toxins become accumulated

As toxins keep on accumulating, these toxins are carried into the body organs through your blood

How can I get my colon cleaned?

As the awareness of colon cleansing is reaching more and more people, new methods of colon cleansing

Colon Hydrotherapy: This process involves fusing warm and filtered water into the colon through

Every session of colon hydrotherapy lasts for about 45 minutes. About 35 gallons of water are used

Enema: The Enema is generally employed to relieve a person of constipation. This procedure involves

Enemas can be effectively carried out at home and no training is required to undertake them.

Oxygen Based Colon Cleansing: This process involves consumption of a few capsules. These capsules

Laxatives: Laxatives are taken for the treatment of temporary constipation. It involves oral consumption

Before embarking on any colon cleaning regime you should consult a qualified practitioner.

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